

# Tips

## 1. Set goals that are not body weight related.

Your body weight is not a measure of success. Say it again. YOUR BODY WEIGHT IS NOT A MEASURE OF SUCCESS!

## 2. Form is more important than weight.

Compromising form increases your risk of injury and isn't optimising your results.

Instead you should increase your reps at a lower weight OR do a few good reps at a higher weight and then drop back down to finish the set.

Make sure to do your reps slow and controlled. Use your muscles to drive the motion not momentum.

## 3. Begin and end each workout with a light warm up for the respected muscle group.

Do light stretching, bands, or bodyweight motions to get your muscles ready for the workout.

## 4. Information on mixing exercise and scuba.

Research suggests that exercise should be avoided within four to six hours before and after diving.

<https://www.dansa.org/blog/2017/08/25/physical-exercise-before-during-after-a-dive>

Consult your doctor and/or reach out to DAN for any further questions on scuba and exercise.

## 5. Listen to your body.

If you're not in the mood for a certain exercise, do a different one! Doing something is better than doing nothing and staying motivated is key.

It's also completely okay to skip a specific exercise or an entire day. Give yourself breaks when you need them.

## These are the target muscle groups covered and why each is important

|                             |  |
|-----------------------------|--|
| <b>Quads</b>                | To build strength to power kicks       |
| <b>Back &amp; Chest</b>     | To support the weight of the equipment |
| <b>Abs</b>                  | to build core strength for better trim |
| <b>Arms &amp; Shoulders</b> | To carry the equipment                 |
| <b>Glutes</b>               | To improve trim                        |
| <b>Cardio</b>               | To improve air consumption rate        |



# At Home Schedule

| Monday - Quads                  |            | Tuesday - Back & Chest |            | Wednesday - Abs               |          | Thursday - Arms & Shoulders    |            | Friday - Glutes           |            |
|---------------------------------|------------|------------------------|------------|-------------------------------|----------|--------------------------------|------------|---------------------------|------------|
|                                 | Weight     |                        | Weight     |                               | Time     |                                | Weight     |                           | Weight     |
| Lunges                          |            | Bird Dog               |            | 3 rounds                      |          | Arm circles                    |            | Hip thrusts               |            |
| 3 x 15                          |            | 3 x 10-12              |            | 1 minute break between rounds |          | 3 x 1 minute each direction    |            | 3 x 20                    |            |
| Squats                          |            | Superman               |            | Russian twists                |          | Shoulder burnouts              |            | Sumo squats               |            |
| 3 x 15-20                       |            | 3 x 10                 |            |                               | 1 minute | 4 x 12-15                      |            | 3 x 10                    |            |
| Split squats                    |            | Dead bugs              |            | Crunches                      |          | Rope twists                    |            | Bulgarian split squats    |            |
| 3 x 12-15                       |            | 3 x 10-12              |            |                               | 1 minute | 3 x 30 seconds each direction  |            | 3 x 10 each leg           |            |
| Step ups                        |            | Incline pushups        |            | Leg raises                    |          | Bicep curls                    |            | Donkey kicks              |            |
| 4 x 10                          |            | 3 x 15                 |            |                               | 1 minute | 3 x 10-12                      |            | 4 x 12 each leg           |            |
| Wall sit                        |            | Pushups                |            | Toe taps                      |          | Hammer curls                   |            | Fire hydrants             |            |
| 3 x 1 minute                    |            | 3 sets to burnout      |            |                               | 1 minute | 3 x 10-12                      |            | 3 x 10 each leg           |            |
| Calf raises                     |            | Shoulder taps          |            | Flutter kicks                 |          | Tricep dips                    |            | Calf raises               |            |
| 3 x 20-25                       |            | 3 x 12-15              |            |                               | 1 minute | 3 x 10-12                      |            | 3 x 20                    |            |
| Cool down stretch               | Time       | Cool down stretch      | Time       | Cool down                     | Time     | Cool down stretch              | Time       | Cool down stretch         | Time       |
| Alternating leg quad stretch    |            | Cat                    |            | Child's pose                  |          | Shoulder rolls                 |            | Child's pose              |            |
| *time per leg                   | 30 seconds |                        | 1 minute   |                               | 3-5 min  | *time per direction            | 30 seconds |                           | 1 minute   |
| Toe touch (standing or sitting) |            | Chest stretch          |            |                               |          | Cross arm stretch              |            | Pigeon stretch            |            |
|                                 | 1 minute   |                        | 30 seconds |                               |          | *time per arm                  | 30 seconds | *time per leg             | 30 seconds |
| Split stance toe touch          |            | Wall chest stretch     |            |                               |          | Overhead tricep stretch        |            | Thread the needle stretch |            |
| *time per leg                   | 30 seconds | *time per arm          | 30 seconds |                               |          | *time per arm                  | 30 seconds | *time per leg             | 30 seconds |
| Lunge stretch                   |            | Cobra                  |            |                               |          | Hand press stretch             |            | Half split                |            |
| *time per leg                   | 30 seconds |                        | 1 minute   |                               |          | *time per hand                 | 30 seconds | *time per leg             | 30 seconds |
| Calf stretch                    |            | Seated spine twist     |            |                               |          | Arms over head oblique stretch |            | Lying knee to chest       |            |
| *time per leg                   | 30 seconds | *time per side         | 30 seconds |                               |          |                                | 30 seconds | *time per leg             | 30 seconds |

# Gym Schedule

| Monday - Quads                  |               | Weight     | Tuesday - Back & Chest      |                   | Weight     | Wednesday - Cardio           |           | Time | Thursday - Arms & Shoulders    |                     | Weight     | Friday - Glutes             |               | Weight     |
|---------------------------------|---------------|------------|-----------------------------|-------------------|------------|------------------------------|-----------|------|--------------------------------|---------------------|------------|-----------------------------|---------------|------------|
| Leg curls                       | 3 x 10-12     |            | Rows                        | 3 x 10-12         |            | Pick 1 or 2 of the following |           |      | Machine shoulder press         | 3 x 10-12           |            | Leg curls                   | 3 x 12-10     |            |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Smith machine squats            | 3 x 8         |            | Single arm cable pulldown   | 3 x 15            |            | Elliptical                   | 10-15 min |      | Dual arm cable X pulldown      | 4 x 8-10            |            | Leg press wide stance       | 3 x 8         |            |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Hack squats - wide stance       | 3 x 12-15     |            | Seated cable row            | 3 x 10-12         |            | Stairclimber                 | 10 min    |      | Cable pull throughs            | 3 x 12-15           |            | Bulgarian split squats      | 3 x failure   |            |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Leg extensions                  | 4 x 12-15     |            | Smith machine incline press | 3 x 12            |            | Treadmill                    | 30 min    |      | Cable bicep ez bar curls       | 3 x 10-12           |            | Hip adductors               | 4 x 12-15     |            |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Hip thrust machine/bench        | 3 x 12-15     |            | Smith machine push up       | 3 sets to burnout |            | Bike                         | 30 min    |      | Rope cable hammer curls        | 3 x 10-12           |            | Barbell Romanian deadlift   | 3 x 8-10      |            |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Seated calf press               | 3 x 12-15     |            | Cable chest flys            | 3 x 12-15         |            |                              |           |      | V-bar cable pushdown           | 3 x 10-12           |            | Standing machine calf press | 3 x 15        |            |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Cool down stretch               |               | Time       | Cool down stretch           |                   | Time       | Cool down                    |           | Time | Cool down stretch              |                     | Time       | Cool down stretch           |               | Time       |
| Alternating leg quad stretch    | *time per leg | 30 seconds | Cat                         |                   | 1 minute   | Walk                         | 5-10 min  |      | Shoulder rolls                 | *time per direction | 30 seconds | Child pose                  | 1 minute      |            |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Toe touch (standing or sitting) | 1 min         |            | Chest stretch               |                   | 30 seconds |                              |           |      | Cross arm stretch              | *time per arm       | 30 seconds | Pigeon stretch              | *time per leg | 30 seconds |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Split stance toe touch          | *time per leg | 30 seconds | Wall chest stretch          | *time per arm     | 30 seconds |                              |           |      | Overhead tricep stretch        | *time per arm       | 30 seconds | Thread the needle stretch   | *time per leg | 30 seconds |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Lunge stretch                   | *time per leg | 30 seconds | Cobra                       |                   | 1 minute   |                              |           |      | Hand press stretch             | *time per hand      | 30 seconds | Half split                  | *time per leg | 30 seconds |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |
| Calf stretch                    | *time per leg | 30 seconds | Seated spine twist          | *time per side    | 30 seconds |                              |           |      | Arms over head oblique stretch |                     | 30 seconds | Lying knee to chest         | *time per leg | 30 seconds |
|                                 |               |            |                             |                   |            |                              |           |      |                                |                     |            |                             |               |            |